

Principal: Michelle Thompson
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Important Dates

3/8-12	Book Fair	3/15-19	Spring Break
3/11	Parent-Teacher Conferences	4/2	Make-up for Snow Day-School is in!

Counselor Corner

Character Counts! Word of the Week
The Pillar of Character Counts for the 5th six-weeks is Caring!
CARING - Being kind, helpful and generous to everyone. Expressing gratitude and forgiveness to others. Being considerate by thinking about what someone else needs.

Guidance News - This week's guidance lessons are about communication. 1st grade and 4th grade will receive guidance this week.

We had a great turn out for our Last Friday "Parent Connection" Meeting on February 26th. Thank you to all the parents who attended.

Upcoming dates:

- March 6th - 7:45am - Green Team Recycling Meets
- March 6th - 3:00pm - Cancelled! Afterschool Green Team is cancelled!
- March 11th - 7:30am - Stallion Scoop in rm. 204
- March 23rd - 3:00-3:45 - Washington D.C. Student Meeting - All 5th graders going on D.C. trip must attend.

**SOMETHING NEW AT BOOK FAIR NEXT WEEK:
BOOK FAIR IS OPEN 12 FULL HOURS ON THURSDAY**

MONDAY - WEDNESDAY, MARCH 8-10, 7:30 AM - 4:30 PM

THURSDAY, MARCH 11, 7:30 AM - 7:30 PM

FRIDAY, MARCH 12, 7:30 AM - 11:00 AM

Only two shifts left: Thursday, March 11, 2:30-4:30 and 4:30-6:00 pm

To volunteer, contact Julie Broberg at bookfair@lakewoodelementary.net

Woodrow Wilson Variations in Concert
Rhythm of Life—Gala Performance
Sunday, March 7th
2pm
Dallas Children's Theater

Inquiries-Maria Luna—214-616-4047

Parents, We need your help!

We currently have 60 teachers & staff at Lakewood. Our parking is very limited (especially with the mud!). Please do not park in the teachers & staff parking lot. Even if you are just dropping off and plan on leaving at 8:00 a.m. - this takes a spot reserved for teachers & staff.

To improve the safety of the parking lot and provide as much parking for staff as possible; beginning the Monday after Spring Break, the Hillbrook parking lot entrance will be chained. This should prevent "near misses" as parents drive through the parking lot and drop off. It will also encourage non-staff to park on side streets rather than in the parking lot.

Thank you,
Mrs. Thompson

March 3-8 celebrates National School Breakfast Week!

This year's theme is "School Breakfast - Ready, Set, Go" and its purpose is to educate students and families on the importance of eating breakfast daily and the availability of a nutritious breakfast at school to help a child be ready for anything and everything. According to the School Nutrition Association (www.schoolnutrition.org), research shows an established link between eating breakfast and higher academic scores, improved behavior and improved attendance. Also eating a healthy breakfast can help kids maintain a healthy weight. "School breakfast gets children 'ready, set, go' to do their best and learn, play, run or dream." Enjoy a delicious and nutritious breakfast at our very own Lakewood cafeteria each morning before school.

After-school choir is canceled for next Wednesday March 10. Mr. Tate has Jury duty. Choir will meet again on Wednesday March 24.

Please save the date for Wednesday, March 10th for Cantina Laredo night to support the JL Long Choir-Expectations raise money for their trip to San Antonio. Come anytime between 5:00 pm and 10:00 pm. Let the front desk know you are there to support the choir and our Expectations will get 10% of the night's proceeds.

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LAKWOOD TIMES BOOK REVIEW

Read what your friends are saying



***Extra Credit* by Andrew Clements**

Illustrated by Mark Elliott

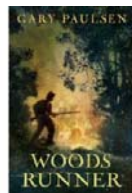
Abby and Sadeed discover that their letters are crossing more than an ocean – they are also crossing a huge cultural divide.

A Junior Library Guild Selection

"This story was very good because it was about two kids who became pen pals. The girl has trouble in school and gets a pen pal who lives in Afghanistan. I think my sister would like it, too."

CLAIRE AGEE (3rd Grade)

"I thought *Extra Credit* was a great book! I enjoyed the fact that Abby and Sadeed, as pen pals, contacted each other from across the world. If you asked me I would recommend this book!!" BLAKE WALKER (5th Grade)



***Woods Runner* by Gary Paulsen**

Thirteen-year-old Samuel lives with his parents on the edge of the wilderness. . . . Then the war comes . . . In a savage attack by British soldiers and Iroquois, Samuel's parents are taken prisoner. Samuel follows their trail, drawing on his forest skills, determined to find a way to rescue them . . . Gary Paulsen brings readers into the flesh-and-blood reality of one boy's struggle in the long and savage war that was the American Revolution.

"I liked the book because the story talks about the woods and also because the woods has a mystery to it."
ETHAN COPLIN (3rd Grade)

" This book is about a boy whose mom and dad are taken prisoner during the revolutionary war. He decides to go find them in New York. Along the way he finds a little girl named Annie, and a man who helps them get there. As soon as he finds his parents, they move to Pennsylvania. This book is full of adventure!" CAITLIN LAMBERT (3rd Grade)

"When I think of history books, I think of lots of dates and boring numbers. But *Woods Runner* is more like Percy Jackson or Sherlock Holmes because there is a mystery and a quest that Samuel has to figure out. I couldn't stop reading it. If you're looking for a book about the American Revolutionary War that is scary and exciting, this is the one!"

GAGE and COLE BROBERG (3rd and 1st Grade)

"The story is instantly involving."

NEW YORK TIMES

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March celebrates National Nutrition Month

The American Dietetic Association (ADA) created the annual campaign to celebrate the importance of making informed food choices and developing smart eating and physical activity habits. The 2010 theme is "Nutrition from the Ground Up."

Start with recommendations from Dietary Guidelines for Americans. They emphasize a diet that is rich in fruits and veggies, whole grains and low fat or fat free dairy products. A healthy diet also includes lean meats, poultry, fish, beans, eggs and nuts and is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

Remember to get plenty of exercise. Try for at least 30 minutes a day. Have fun and break it up if needed. If you haven't been active in awhile, check with your doctor about getting started.

Helpful websites are as follows: www.eatingright.org, www.mypyramid.gov, and www.squaremeals.org. There is also the new childhood obesity initiative site at www.letsmove.org. Check these out for nutrition tips, guidelines and activities for the whole family.